



Bean and Spinach Soup

Makes 6 servings

Simmer 45-60 minutes

INGREDIENTS

4 cups chicken broth
1 medium yellow onion,
chopped
1 garlic clove, minced
1 teaspoon dried basil
1 tablespoon dried parsley
1 teaspoon dried oregano



Place all ingredients into a large pot and cook over medium heat until heated through.

2 cups undrained northern
white beans
2 cups undrained kidney beans
1 cup undrained garbanzo
beans
1 (10 ounce) box chopped
frozen spinach
½ cup brown basmati rice



Add ingredients to above soup base. **Simmer, covered, 45-60 minutes or until rice is soft.** Stirring occasionally. Additional chicken broth may be added if soup becomes too thick.

